

## **Suicide and Intervention**

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### **Short Communication**

#### **Abstract**

Suicide is the act of intentionally causing one's own death. Some suicides are impulsive acts due to stress (such as from financial or academic difficulties), relationship problems (such as breakups or deaths of close ones), or harassment/bullying etc. Close to 800 000 people die by suicide every year; that's one person every 40 seconds. Suicide occurs throughout life. It is the second leading cause of death among 15-29 year-olds globally (WHO). From the perspective of public mental health, suicide among young people is a main issue to address. Therefore, we need good insight in the risk factors contributing to suicidal behaviour in youth. This mini review gives a short overview of the most important risk factors for late school-age children and adolescents, as established by scientific research in this domain. Key risk factors are mental disorders, previous suicide attempts, specific personality characteristics, genetic loading and family processes in combination with triggering psychosocial stressors, exposure to inspiring models and availability of means of committing suicide.

#### **Biography**

Jayan Namboodiri is working as a Psycho-behavior Therapist in India.